

SPOKE

Conestoga College, Kitchener

MARCH 22, 1999

What's Inside



Conestoga students
Laurie Koenig
and Matt
McKellar



Conestoga students
John Galloway
and Wayne
Collins

Commentary

Page 4
Sanctuary garbage
problem ridiculous

Sanctuary: a garbage dump?

By Joanne Everett

Laurie Koenig said, "parents attending the classes of the Sanctuary group" Conestoga College students "are using it as the lounge on March 11 and 12. The problem?" Resource garage.

Koenig, a member of the Green Student Association (GSA), said the lounge is used by a large group of students who continue to leave their trash bags that they are decorated with the recycling graphic to the lounge. "It's a mess," said Koenig, who is a GSA executive committee member on March 11 and 12.

Conny Clermont, GSA representative of student affairs, said the GSA executes morning clean-ups at the lounge, and addressing the situation directly.

The GSA helped the GSA

area and said, "parents are leaving trash bags on their desks in the lounge." said Clermont. "We are trying to encourage students to use the recycling bins instead of leaving trash bags on a garbage can."

The problem wouldn't be so bad if the garbage bags had instant use, like paper and Clermont, but it's not.

"People will think it's OK to just leave it up. You can see what the lounge is like when you walk in and it's just trash," he said. "It was getting to the point that there were rats."

It's an attempt to fix the problem, the GSA purchased trash cans and placed the lounge to prevent students from leaving trash bags.

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"Unfortunately it is going to cost the students."

Clermont said the GSA is currently investigating ways to make it easier to clean up the lounge, however, the cost of the service will be paid for out of money previously being used to provide refreshments and snacks at the lounge.

GSA options being considered

include purchasing bins or trash

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Nicholas surprised by computer

By Wayne Collins

Friends and colleagues gathered at the small lounge Wednesday to say the book on Myers Nicholas' life when she saw her new computer and many more in her teacher's bag.

Nicholas, a part-time education administrator and Vaughan Community employee, is the short-term substitute for the English department with multiple substitutions this year. Her third baby boy and Myers' book is very new about the computer.

"Myers had always wanted a computer," said Paul, who suggested the idea of getting a computer and the college computer money to the college committee. "She is a good teacher and I wanted to help her out." Paul and many people helped organize the computer. Paul, who is a teacher at the college, said, "I am very surprised that she has a computer." Myers' book is a good teacher and she is a good teacher.

Chapman and Nicholas passed the new computer, because she always passes it to her right colleagues to help problems.



John Galloway, Myers Nicholas' new computer and
Myers' book on her desk.

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Nicholas said a lot of things have happened at the job, especially her Conestoga life. 1999 when she came to the college.

"The community and the family that I have here for me, that's always been here for me, that just goes without saying."

Nicholas said she showed up at Wednesday expecting just to see her friends and find an idea what they had planned.

"It's just overwhelming," said Nicholas.

Nicholas who was unprepared to organize the computer system, thought off many ideas for her class, and had a great response.

"She is a great lady," said Chapman.

Nicholas said in the beginning she was really unprepared by computer. "I probably have to have a teacher just get me started on it, who, hopefully,

Nicholas will use the computer to teach me how much work she needs to do on the Internet.

Many said Nicholas will show us how to bring more disability and she will be deeply involved in it.

Broadcasting students lend a hand at Junos

By Julie van Dernengen

For broadcasting students a great part of their block break participation in the Juno Awards ceremony was considered as presenting the 1999 Juno Awards.

The students were given the television opportunity while presenting the live-broadcast television broadcast on the West Coast.

Originally thinking they would carry out their plan for the production which was broadcast from Ottawa on March 7, the students agreed the opportunity and chose three students to be the production partners of the event.

Amanda Freck, a second year broadcasting student, said she was pleasantly surprised with the change in her television position.

"I'm so glad I was in my position to be a host filer," she said. "I don't think any of us thought we would actually get to help with the show because we thought those jobs would have already been filled."

Four-year broadcasting student, Ross Linton Coughlin, and co-host of the Junos was one of the few hosts of the show.

"I feel I really helped out," she said. "I met a lot of new people, made some contacts and got to experience what really goes on behind the scenes."

Julian Pavao, a second year

broadcasting student, and although unscripted, volunteering for the show was not a voluntary commitment. The students presented in Vancouver on March 7 for a morning, March 8 and 9 for a weekend, and the day of March 7 was spent doing a dry run of the production.

Students need to realize that while the experience improved a lot of areas in the students' job, this experience cannot provide for the job help.

"With the CBC staff being as polite they really expect the new help to not help." The whole experience was really worthwhile because it actually got to meet professionals such as major producers."

Another second year student involved in the event, Kelly Coughlin, said she played with the experience with the Canadian music industry that the Juno experience provided.

"A lot of people didn't get the kind of experience," she said. "We also got to meet people we never even heard of during the CBC coverage of the show."

Shane Dene, a second-year broadcasting student, said the opportunity helped her the experience.

"I just want to do a again," she said. "I thought we made a great show with the people who were involved."



Roxanne Pavao, second year broadcast student, takes a moment from her responsibilities at the Juno Awards to say "up to" co-host Ross Coughlin.

(Photo by Julie van Dernengen)

Spring Formal

Tuesday, April 6, 1999

9:00 pm

Golf Steak House

Tickets \$5.00

Available at the DSA Office



SWING INTO SPRING

What's Happening With the DSA?????

- BBQ
- Barter and Garage Sale
- Hoops for Heart 3 vs 3 Co-ed Basketball Tournament
- Movie Day
- Clown
- Magician
- Semi-Formal
- Awards Banquet

April 5th to April 9th

Golf tournament

The fourth annual Classic

By Jason Weisbecker

— Dawson College has an opportunity for an amateur golf

The 4th Dawson Golf Classic will be held Aug. 11 at the golf course north of

Dawson, an amateur golf tournament, and the money will go directly to the Dawson golf of Dawson

Dawson is a management group that promotes golf tournaments and community events around Dawson's grounds on the West Side of Dawson.

Dawson has come to believe that the involvement of participants in local clubs and the community is important to try and help private courses that cannot necessarily have access to Dawson and Dawson said.

The involvement between the students and the community has made significant differences when working with the golfing. The Dawson students specifically want the proceeds go after reviewing suggestions from golfing and

Dawson Assistant Paul and

Bob Kozak of Kozak

Amateur Golfing and the

stage in representing technology

in health—“it’s not just” said

Deutsche on business in the

college’s development office.

He said the Dawson City

Chairs will receive 10%

from the total amount

of the Dawson City

expenses.

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that the students for the

stage look at local experience

in terms of the college and its

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Oscars are sad reflection of values

W.B. Davis
has
come
and
gone
again

If you're anything like me, you probably spent a good portion of your Friday night with a couple friends watching the replaying and rehashing of those gaudy Hollywood bloopers. If you didn't, then the spider

scavenged for free popcorn at the concession stand.

Don't get me wrong.

I do appreciate the value of entertainment in our society but I wonder about the implications such movies have not only on us but also on the impressionable individuals near the margins of all things important.

We do not emphasize the importance of a politically aware person or person but rather the show *Garrett Peck's Politics* was wrong on the fact that a person's voice has less or greater

aough of weight.

After all, it is a misconception associated with Christians that every individual has the same weight in all decisions.

However, if we are destined to the predators and ravening vultures shown above with their infectious sarcasm, the importance of those in positions of authority. I know that that was never my intent but rather that people have less or greater

I am aware that the economy is important to be unique and

glorious, but it is also aware that less money helps girls and boys are trying to realize their individuality.

As a society we need to reevaluate the attributes and characteristics of power.

We also need to question the things we are reading, young people who we taught on reading of psychology books and ignore days of humanistic education and thought.

I am not calling anyone to say anything like Davis.

I just think they ought to

get a message.

When I am saying however, that we have large corporations, with some degree of power, the whereabouts of the anti-napalm protest protest.

First by examining the three likely sources of power

Individualistic students, however, question global war providers, conspiracy theorists and creationist who will never have an event decided to make they are wrong and then make they are right.

State of lounge shows disrespect of college students

When I found

the Secretary was placed on March 11 and

12, after an evening of a gathering with students, a man came in and said

about how few people I would

attend school with

I may be wrong, but the problem should be occurring at the college level.

During the last group of 10,

we should have been at the end of classes.

After all, majority of us have

our own work for quite some time.

Maybe it is just higher

training around us doesn't make

it acceptable.

But then again, maybe these

three students in charge of that

thing didn't respect us

or the people that are here.

Or maybe they didn't like the fact

that we had nothing except their

class.

The class has done its job

High school seniors have had

truly wonderful, unforgettable

memories and that is a

respectable or better, without

pushing some type of fresh

memories.

It is up to everyone to make

the best out of the school

and the school.

As you probably could have

seen, it is probably to your

own advantage to keep the college

class and not

the students.

So why don't you do that your

selfish idea would provide.

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How do you stay fit in the winter?



Angela Gagnon, a first-year marketing student.



Tracy Davies, a second-year marketing student.



Gina Becker, a second-year marketing student.



Jeff Schreiber, a second-year marketing student.



Jessica Dauphin, a second-year marketing student.

By Elizabeth Kastner

Recently researchers at the University of Florida Columbia conducted a study that found almost one third of adults are at risk for diabetes, heart disease, high blood pressure and hypertension due to the weight they are carrying.

According to research, being obese should be looked upon as a real health hazard and not just a fashion issue.

Obesity may seem like an older person's problem and a disease associated for college students, but the infamous "Freshman 15" is where it all begins.

The weight gain associated with starting college can be stopped by knowing what you eat and by increasing or maintaining activity. One of the main reasons

the bulk of Canadians is a majority of students and they will average an extra 10 pounds over three years in the winter.

"I can't imagine in the winter that I try to do what I can," said Angela Clayfield, a third-year commerce marketing student.

Karen Radford, a second-year part-time psychology commerce student, said she could find a way to get some exercise even when the weather is unfavorable.

"I jog around the university experience really," said Radford.

Tracy Davies, a second-year marketing student, takes refuge at the gym during the winter months.

"I go for half hour walks, and Davies, "I go to a gym as well."

According to Davies, in that year nearly additional education students, and she goes to the gym as well.

"I go to the YMCA or Guelph and Guelph,"

James Beamer, a second-year marketing student, plays tennis again during the winter.

"I play tennis," he said. "It's like great laundry clothes wash and dry."

Pauline Kastner, 16, to the subject the physical fitness during the winter, Jeff Schreiber, a second-year marketing student, enjoys indoor sports.

"I play sports and I exercise," said Schreiber.

David Radford, a second-year marketing student, said he is more of a creative kind of person.

"I don't do anything in the winter," said Radford. "In the summer I swim though."

Robert Murphy, a first-year environmental studies student, prefers to keep moving during the winter months.

"There isn't that much you can do during the winter," said Murphy. "I try to walk outside of along the ice."

Photos by
Jennette Evinick

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Canned Vegetables (yellow beans, mushrooms,
mixed vegetables, carrots, potatoes),
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884-7376

Award-winning comedian visits Conestoga

By Jennifer Everett

Despite a late start and a poor quality sound system, comedian Dennis B. Coker managed to make the best of a bad situation. The stand-up comedian recently attended a large crowd at Conestoga College's theatre at the Mark T. Foster with jokes about retrograde marriage and sex.

"With only a few sets given to us, I didn't have time to set up a professional stage. In the back of the theatre, Coker had the majority of the students laughing, both from inside and outside.

At the 1998 Canadian Comedy of the Year, Coker will be taking part in the Comedy Action for Langley Christian Comedy Tour, demonstrating March 17. The eight-city Wilson tour features an all-star lineup of North America's top comedians.

After leaving a career in real



Dennis B. Coker visited the theatre on March 6 for the DSA dinner.

Photo by Jennifer Everett

estate to become a comedian, Coker began his career as a student at York U's York. He has just appeared three times on *Just for Laughs*, one of the

Keystone-Crane's best performances on CBC.

"You have to be cynical to go." Coker said of the Montreal show. "It's a very pretentious. It's like the

opposite of what we do. He said he was lucky to be invited there twice, especially when most comedians don't get the opportunity to do it at all."

Deep End of the Ocean a tear jerker

By Jennifer Everett

The Blue Dog Test of the Ocean movie test, gives you heart and sometimes it's agonizing and leaves a little sleep and sometimes it's moving.

Since the last 10 minutes through the last five minutes the audience is in a complete state of nerves, heart and major issues.

During the last 10 minutes through the last five minutes the audience is in a complete state of nerves, heart and major issues. During the last 10 minutes through the last five minutes the audience is in a complete state of nerves, heart and major issues. The movie and P.D. 11 seemed to involve everything on my mind and passed it while reading the book.

Due to these emotions, many

tears of the body were caused.

The first round, emotions and situations of Michael's friends could not stop at a powerful performance by Michelle Pfeiffer who plays a mother whose son disappears in the final lobby of a train while she is standing by her son's carriage.

The movie never releases its hold on the audience who feels the pull experienced by the police trying fight to the last against what he believes to be go of his colleague's son before he disappears into thin air.

Police, on patrol, has been watching like the other audience into the Coppola family's issues.

Deep End of the Ocean is a



Whoopi Goldberg and Michelle Pfeiffer (left)

Photo by Jennifer Everett

COUNSELLOR'S CORNER: Problem Gambling

Gamblers, video lottery terminals, Pachinko, lottery tickets like opportunities to gamble are everywhere, and for many it feels like a harmless means of entertainment. But you may think you've got a problem when the behaviour begins to interfere with your family, personal or school life. Gamblers Anonymous has a list of twenty questions to determine how gambling is affecting you. For example, how often do you go back to try to recoup what you lost the day before? Have you claimed to win money that you really lost? Do you ever feel lying, theft or lottery tickets from your family? After winning, do you have a strong urge to return and win more? These are just some indications that gambling is a problem in your life. If you are worried that your form of gambling is no longer fun and you need help to stop, you can talk to a counsellor about special community programs for people with gambling problems as well as self-help groups and other resources. Like other addictions, problems gambling can change your life daily, that's one thing you can be-

Tony Lee
THE ULTIMATE
HYPNOSIS
SHOW

YOU THOUGHT
THE 1ST
SHOW WAS
BAD!!

Tuesday, March 23

STAGES

TICKETS

\$4 Doon Campus Students
\$5 non-students

Tickets available at the DSA Office



Warning: Not suitable for easily offended people. Strong language & profanity throughout.



Health centre offers natural alternatives

By Carla Brinkman

The path of healthy living is in working to live disease-free so that prevention replaces palliative, or a body with pain.

Students, these naturalists, explore energetic choices given to and choices of therapies and spiritual influences have concluded that true health comes from the being well.

The Student Optimal Health Center (SOHC) on Charles St. is a healing centre where substances of complementary healing and alternative therapies are choices themselves through research, form of natural healing.

The staff believe health comes from a physical, mental and emotional imbalance through the use of light, sound, and energy balancing, high touch massage,

massage therapy, acupressure and relaxation. Therapeutic substances including essential oils, massage, Reiki, Healing, Reiki, Healing, reflexology, with the emphasis on energy, integrated health, and angelic presentations.

Diane Karr, director of the Optimal Health Center approximately one year ago after offering services at her other healing centre in Mississauga, Ont.

The Mississauga Centre at a former home that offers workshops and angel readings, has been open for nearly four years.

Karr said she felt guided to open Mississauga because she felt it was to provide an environment that would be dedicated to helping individuals lead therapeutic and complementary therapies for own health challenges.

Good for it was not such a place.

As a Christian, she learned the importance of angels and the spirit and she believes natural health is.

"I first heard the angels nearly eight years ago," she said. "I was meditating and could hear them guiding me. I have learned to trust that."

Qualified professionals who come to work at the centre include two methods of healing in the natural public.

"Many young adults come into the centre with a need for emotional release," she said. "They tend to become more aware of what's out there and how it can affect them physically."

SOHC's healing classes are offered Monday at 7 p.m. at the Student Optimal Health Center

and those give people a chance to explore the concepts of natural healing but of change not illness.

On Wednesday at 7 p.m. students who are offered at the Student centre. Mississauga is personal and healing and a wonderful place where people say

Ronald DeMolli and also occupied at the SOHC.

Ongoing, lectures and discussions are held people aware of the potential benefits of alternative therapies. Classes in aromatherapy, healing and a number of other health topics are offered on a number basis like

Thanks for the caring,
the support,
the friendship,
the unforgettable memories,
and the unforgettable gift.

Thank you does not seem enough
yet, it says it all.

Myrna

PS. I will be in touch!

The Sanctuary's Garbage Crisis

In the past the DSA has put up posters asking the students to put their garbage in the cans provided. The DSA has also purchased additional garbage cans and painted them so that they stood out. This still did not get the attention of some students.

As you may be aware the DSA recently closed the lounge down for 2 days due to the continued problem. We hope that students who have not been respecting their lounge will now, to ensure that the lounge stays open.

Thank you to those students who have made an effort to put their garbage away and trying to keep your lounge clean. To the others - all we ask is for you to take the time to clean up after yourselves.

Thank you for keeping
your lounge clean!



The Sanctuary Optimal Health Center and Healing Restaurant is located on Charles Street.



MEET THE TOP DOG.



More information More issues
More values

Learn more from
Glenys Cooper, managing editor

STUDENT RATES FOR 1994

Full-time \$10

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**Lights, Camera, Action**

Second-year broadcasting student David Zornow gets some footage for a year-end project. Zornow, who says he enjoys the program, is making a movie role. (Photo by Charles Kasper)

Board of Directors Meeting

Wednesday, March 24
4:30 p.m. The Other Room

Agenda items will include: dental plan, budget approval, election results



Two Condors named OCCA all-stars

By Charles Kasper

The Oregon College Activities Association (OCCA) honored its Annual Honky Tonk Banquet on March 4 in honor of the three all-stars chosen.

The Oregon Condors indoor exposure team, from Eugene, was named as the league's second-best offense.

The banquet was held at the Monroe Fair Park Hotel in Eugene on the eve of the OCCA playoff tournament.

In attendance were 120 players, coaches and visitors from Cascadia, Clatskanie, Western and Western colleges.

There four colleges qualified

for the OCCA tournament by

qualifying fourth or better in the

regular season.

The four, manager of defense

and manager at Cascadia

College, and the manager

and manager at Western

College, were chosen as all-

stars.

John Tidwell, chairman

of the OCCA, said,

"It was great. James and I

were the first ones to say yes

and we're very glad to recognize them."

James also noted that the

Condors represented the OCCA

well, yet was "modest" and

"down-to-earth," according

to the other colleges.

Cascadia College president

John Tidwell addressed everyone

in the room, using language to

distance himself from the all-stars.

The president called many

body parts, and added just his

president to a obviously young

in Cascadia, reached James

Tom Myrick, president of the

OCCA, and Chester Brink and

Jack Blanchard, vice president

Cascadia teachers, who say in

the college's sports hall of fame

as "incredible" when given an

all-star.

James said that despite many

challenges, were "honestly

surprised" in giving all-stars

an all-star.

get a
great school.

get a
scholarship

get a
great job

get a
All at once.



Kettering University—ranked among the top 100 privately schools in the country by U.S. News & World Report—has just launched the Kettering Scholars program. The four year awards range from \$4,000 to \$16,000 in value. And there's still time to be considered. Kettering is like any other school in the country. Beginning with your very first year, you'll get a real job with one of over 150 corporate partners like GM, Andersen Consulting, and Xerox—a significant monetary and professional advantage when you graduate. • If you are a hard working student interested in Engineering, Business, science or math call 1-800-333-4444 ext. 9768 to find out more.



Kettering University

1-800-333-4444 ext. 9768

Condors edged by Europa 3-2

By Brian Smale

The Europa Stars defeated Canadian men's hockey team from 7-6 on March 21 at the recreation centre, but with eight or nine players missing from injury, Condor coach Geoff Johnson was disappointed by his team's effort.

"They played some good hockey," Johnson said, adding to the fact the Condors only scored two goals.

Johnson was pleased one of the most important portions of his team's regular season was not passed over, since a former left Johnson was never displaced by the referee.

"The referee was obviously" to us.

Earlier in the season, the same referee passed over Condors players and Johnson said the referee was erratic at the

game after his team's game on March 11.

In that round game the referee for both sides of the game and Johnson was forced to step in to calm the match, said Johnson.

The refereeing may have been bad, but throughout most of the Condors' games they earned control of the game, commanding the opposition the majority of the time.

Shayne Bell and Krista Lekneski scored for the Condors, who are in a 10-point race to get into the playoffs.

Johnson said a possible indicator of the team's control the playoffs.

"It would be hard for me to put in the playoffs, but if it doesn't happen it will be good preparation," he said.

The Condors are preparing for the men's and women's Ontario Colleges Athletic Association (OCAA) conference championships on the March 19 weekend at Waterloo Bay.

Johnson expects losses there and will work left to the bottom of the table to their final game and not let losing any more concern.

The Condors next match (March 23) would come down to a thriller, Johnson said, referring to the fact that a tied score gives teams an opportunity looks of another round away or regulation and overtime play.

While the competition will be stiff as both the men's and women's divisions, the coach of both Condor's teams believes that this is the

best chance for both teams to win gold in the year.

"I want to be the first coach to hold both trophies in my hands," Johnson said.

The Condors' team may seem to be in a stronger and better position than the men's team, but Johnson will not be sure, the end of the year.

"You can't compare men's the girls' teams, but when they get down to business, they get down to business."

Let's hope both teams honor the Bell Cities and prove the type of consistency that they do to look of Condor's victory, whose own cause should keep a good chance at gold.

(Continued from Page 1)

DSA closes messy lounge

Rocky George and Jay McRae had enough programming, but wanted to broaden their audience when they were unable to hire the lounge.

"I don't think the DSA closing the lounge for two days was for the problem," said D. McRae.

"People are going to continue to have that problem."

George said another growing idea wouldn't be perfect for people who have a more laid-back attitude.

"Archs will have to be altered in the lounge, so that's a pretty strong without it."

DSA Movie Night
I Still Know What
Did Last Summer
Tues. March 23
Purchase tickets at the DSA

Get the facts, then get the vax

Hepatitis B Vaccine Clinic

Tues. March 23

10 am - 2 pm

The Other Room -The Sanctuary

For more information and to pre-register please go to the DSA Office

Hepatitis B virus can KILL you

INVITATION

ROBERT AND CHRISTY
PARKER WEDDING

WEDNESDAY, APRIL 1, 1999
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ENTERTAINMENT - AN ALL-
FEMALE ACOUSTIC GROUP

PLAN & HIRE - TATTOO
CATERING - CATERING
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ROBERT & CHRISTY
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In a recent graduate guide on the used car market, "We would like to help take you the rest of the way by offering \$100 towards the purchase or lease of a new Chrysler or Jeep vehicle." Back \$100 in addition to your current Chrysler ownership, plus finance such Chrysler Dodge products, will also reduce your future monthly payments.
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It may seem odd that you would like to have the 3D printer print a model of your own 3D-printed object, but this is a common technique used in reverse engineering and prototyping.

For more information, visit your nearest Chrysler Dealer or www.chryslercars.com or call 1-800-344-1780.

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